



Elite Fitness of Orlando • Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a-6:45a							
6:00-7:00a							
6:00-7:00a		TRX		TRX EXTREME			
7:00-8:00a	TRX		TRX		TRX		
8:00-9:00a	Boot Camp	TRX	Boot Camp	TRX	Boot Camp	TRX	
8:30-9:30a							
9:00-10:00a							
9:30-10:30a							
10:00-11:00a						Boot Camp	
10:45-11:45a		TRX	TRX	TRX			
4:30-5:30p							
5:30-6:30p							
5:45-6:30p	TRX	TRX	TRX	TRX			
6:30-7:30p	Boot Camp		Boot Camp				
7:30-8:30p							

****Classes subject to change****

www.elitefitnessoforlando.com - 407-322-5557-5600 W SR 46 Sanford FL 32771